



# Strengthening Families:

*A Program for Parents and Children*

## What is Strengthening Families?

- ✧ 14-session program for parents and their children
- ✧ meets one night per week for 2.5 hours
- ✧ focuses on parenting skills, child social/life skills, and family relationship skills
- ✧ includes skill building and education for dealing with behavior, family bonding, substance use, anger, and problem solving.



## Who Can Participate?

- ✧ parents/caregivers and their children who would like to improve communication and family strengthening skills
- ✧ childcare may be provided for younger siblings

## How Can I Apply

- ✧ Call 805-781-4290

## What is the Cost?

- ✧ The program is free of charge



*For more information, call SLO County Drug and Alcohol Services at (805) 781-4290*